NEW PRODUCTS 2011/12

Fitness Options

THE FITNESS STORE

Shop Online www.fitnessoptions.co.uk

Telephone 0800 4580081

Welcome

To our special New Products and Best Seller mini catalogue 2011/2012.

BE THE FIRST
Be the first to see the latest fitness equipment from well known manufacturers as well as some new brands that have just arrived to the market.

CHECK THESE OUT
One brand to have a good look at is the Sole. This equipment has won awards all over the US and now comes to the UK with an amazing life time warranty on all parts. Another American product is the Landice treadmills on page 5. These have been voted the ' Worlds Best Treadmill' for 6 years running. They are not cheap but true quality comes at a price. Every one knows the name Bruce Lee and now a range of budget and high end equipment has been bought out carrying his name.

WHAT A YEAR
Its been a very busy 12 months at Fitness Options.

At the end of last year we moved premises to a purpose built showroom. The advantages of the new premises is that it is very easy to get to, only three miles from both junction 27 and 28 of the M1 motorway and our extensive car park means you can park right outside the front door.

We truly believe that Fitness Options has never been your average fitness store.

For over 21 years we have provided quality home and commercial fitness equipment. But more importantly we offer expert advice, delivery and installation and an after sales service second to non.

Without doubt Fitness Options is a Mecca of fitness equipment and a haven of healthy choices, a playground for you to experiment and explore your fitness potential.

Nutritional Supplements

To get the best out of a workout you need to put the best in.

Creatine 210 capsules
NRG Fuel Creatine Monohydrate capsules can help increase your strength, reduce daily fatigue and speed up your recovery times.

£11.79 Delivery £1.80

Pure Protein 2.27kg
NRG Fuel Pure Protein has only 6g of carbs and 132 Calories per serving making it ideal for anyone following a low carb diet whilst maintaining and promoting lean muscle mass.

£36.99 Delivery £5

T.T.P 2kg
NRG Fuel TTP is an all in one formula with musclebuilding ingredients Creatine Ethyl Ester and Glutamine AKG for rapid gains in muscle size, strength, endurance and recovery.

£37.79 Delivery £5

Mass System 2kg
Sci-MX's Mass System is a high calorie/high carb version of the original Lean Grow MRF formulation, designed for use by those with a high training intensity or those wishing to gain muscle mass.

£29.99 Delivery £5

Lean Grow 2kg
Sci-MX's Lean Grow MRF is designed to pack muscle on fast whilst keeping fat off with an ideal protein-to-carb ratio, and provide a level of quality protein that guarantees an anabolic (promotes muscle growth) environment within the body.

£31.25 Delivery £5

Omni-MX 1.68kg
The ultimate all in one supplement, contains protein, creatine, L-Glutamine, HMB and Amino acids. Contains 35g protein per serving and only 18g of carbohydrates.

£36.79 Delivery £5

Treadmills

Proform 400 ZLT Treadmill

A budget priced folding treadmill ideal where space is limited. It may be compact but it comes with a 2.0 hp motor with a top speed of 10 mph. The LCD console displays 6 workout programmes, 3 weight loss and 3 performance. Also has a 10% incline to make your workout more demanding.

- Folds
- 2.0 hp motor
- Speed 0-10mph (16km/h)
- Elevation 0 - 10%
- Hand grip pulse
- Cushioned running deck
- 2 speed cooling fan
- Max user weight 18.8 stone (120kg)
- Warranty: 12 months parts and labour extended to 2 years on return of warranty card within 28 days of purchase

£449 Free Delivery

Kettler Track Motion Treadmill

The Track motion is for the runner who wants the challenge of a steeper incline. The elevation rises to a maximum of 12%. The console provides an orange backlit 3D matrix display featuring 8 programmes, 3 speed changing and three incline plus 2 heart rate controlled. The 2.0 hp motor ensures a smooth 0.5 -10mph speed selection on a shock absorbing deck. Folds when not in use. A German made machine that delivers everything it promises.

- Folds
- 2.0 hp
- Speed 0.5 - 10mph (1-16km/h)
- Elevation 0-12%
- Hand grip pulse
- Polar chest strap compatible
- 8 Programmes including to heart rate control
- Belt size L x 132cm W x 48cm
- Max user weight 20.5 stone (130kg)
- Warranty 3 years parts and labour

£899 Free Delivery

Nordic Track T14 Treadmill

The Nordic Track T14 is a superb quality home folding treadmill, featuring a 2.75cHP DurX™ Commercial Plus motor for a top speed of 22kph, an electronic incline of 0-12% and 22 workout programmes, plus many more available from the iFit® SD workout card technology.

- Folding
- Speed 0-13.7mph (22km/h)
- Elevation 0-12%
- Hand-grip pulse
- wireless chest belt included
- 22 programmes
- iFit Live compatible

£999 Free Delivery

As featured on the Gadget Show

The New Sole Fitness Treadmills

An Amazing Life Time Warranty on All Parts

Sole F63 Folding Treadmill

Voted “Simply the best quality treadmill in its price range”. Sole has earned the reputation of building high quality treadmills and the F63 holds true to this even though it is their entry level model. It has a big 2.5HP motor that delivers a speed up to 12mph (20km/h) and an incline up to 15%. The handrails have built in speed and incline buttons and the console features 8 programmes in total.

- Motor 2.5HP
- 8 Programmes
- Speed 1-12mph (0.8-20km/h)
- Elevation 0-15%
- Running Surface 20” x 55” (50.8cm x 139.7cm)
- Roller 2.5” (6.3cm)
- Easy Assist Fold Up
- Hand grip pulse
- Size L x 190.5cm W x 83.8cm
- Max User Weight 23.2 Stone (148kg)

£999 Free Delivery

The Sole Fitness Treadmill Range

	Sole F65 Treadmill	Sole F80 Treadmill	Sole F83 Treadmill	Sole F85 Treadmill
Description	The F65 has a large 2.75HP motor, a large console display and a longer running bed than the F63. It also has a telemetric heart rate receiver for more accurate heart rate monitoring. The handrails have built in speed and incline buttons and the console features 8 programmes.	The F80 treadmill has consistently been the number one best selling treadmill in the US for the past 4 years. It features a 3.0HP motor, a 20” x 60” (50.8cm x 152.5cm) running surface and large 7cm diameter rollers. The frame is heavy duty with a user weight of 26.7 stone. The console has a large 7.5” (19cm) blue backlit display providing 8 programmes.	The Sole F83 has the same high specification as the F80. However it has a few additions. These include a heavier flywheel than other models in their range, providing more motor output and additional torque, which is better for interval running. It also has a heart rate zone graph on the large 9” (23cm) LCD console.	The Sole F85 is a great treadmill where multiple family members will be using it and for those people who take their running seriously. The Sole F85 boasts a 3.5HP motor, the most powerful in the Sole line. The frame also has extra reinforcement to accommodate not only multiple users but heavier users up to 28.5 stone, rare on a folding treadmill.
Motor	2.75HP	3.0HP	3.0HP	3.5HP
Programmes	8	10	10	10
Heart Rate	Hand grip pulse & telemetric	Hand grip pulse & telemetric	Hand grip pulse & telemetric	Hand grip pulse & telemetric
Speed	1-12mph (0.8k-20m/h)	1-12mph (0.8k-20m/h)	1-12mph (0.8k-20m/h)	1-12mph (0.8k-20m/h)
Elevation	0-15%	0-15%	0-15%	0-15%
Running Surface	20” x 58” (50.8cm x 147cm)	20” x 60” (50.8cm x 152.5cm)	20” x 60” (50.8cm x 152.5cm)	20” x 60” (50.8cm x 152.5cm)
Roller	2.5” (6.3cm)	2.75” (7cm)	2.75” (7cm)	2.75” (7cm)
Size	L x 198cm W x 83.8cm	L x 203cm W x 83.8cm	L x 203cm W x 83.8cm	L x 203cm W x 89cm
Max User Weight	25 Stone (159kg)	26.7 Stone (168kg)	26.7 Stone (168kg)	28.5 Stone (182kg)
Price	**£1299** Free Delivery	**£1499** Free Delivery	**£1699** Free Delivery	**£1899** Free Delivery

THE AMERICANS ARE COMING

Landice L7 Club Series Treadmill

The Landice L7 Club treadmill is classed as a home treadmill that delivers a health club quality workout. Built in America with over 96% of all parts manufactured in the US, including the motor and many unique features that make these treadmills exceptional.
The frame is made from aircraft quality aluminium, three times stronger than steel per unit weight and secured with aircraft locking hardware which is more reliable than welding. It is also lighter than steel and will never rust, so is perfect for positioning at the side of swimming pools.
It uses a massive 4HP continuous duty drive motor. The elevation motor is so strong it can lift the weight of three people as easily and as quietly as it can one.

Landice are the only company that uses a 4 ply running belt, twice as thick as any competitor and the 2.54cm running deck is 237% stronger than any other treadmill on the market. In addition the Shock Absorbing System is 5 times softer than grass and moves in a vertical direction, eliminating side to side motion which can be harmful to knees and joints.

There are four consoles to choose from so you can buy exactly the one that suits you.

You pay a price for this kind of quality, but the company make it a pleasure to do so.

- Speed 0.5-12mph (0.8-20km/h)
- Incline 0-15% Auto
- Motor 4.0 hp
- Deck Shock Absorption VFX Shock Absorbing System
- Running Belt L x 147cmW x 50.8cm
- Roller 2.5”
- User Weight 28.5 Stone (181kg)
- Dimensions L x 193cm W x 86cm
- Weight of Treadmill 136 kg

NEW

L7 with Pro Trainer Console **£3999** Free Delivery

L7 with Sports Pro Trainer Console **£4299** Free Delivery

L7 with Cardio Trainer Console **£4799** Free Delivery

L7 with Club Executive Console **£5399** Free Delivery

“Voted the best treadmill in the world”

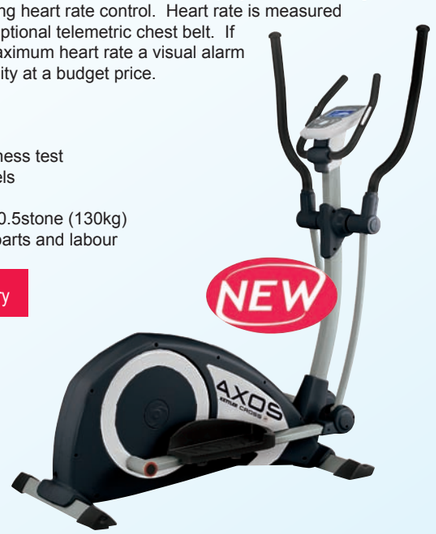
Elliptical Trainers

Kettler Cross P Elliptical Trainer

The starter model in the Kettler range but it's not short on features. The heavy 14kg flywheel keeps the ellipse smooth even on its top resistance. The console features a 7 function display with 12 training programmes including heart rate control. Heart rate is measured from hand grips or optional telemetric chest belt. If you go over your maximum heart rate a visual alarm will warn you! Quality at a budget price.

- Mains powered
- 12 programmes
- Recovery pulse fitness test
- 16 Resistance levels
- 14kg flywheel
- Max user weight 20.5stone (130kg)
- Warranty 3 years parts and labour

£399 Free Delivery



Kettler Elyx 3 Elliptical Trainer

Best Seller

The first in a range of three front drive cross trainers from Kettler. The console features a unique light training system. The HeartRate light is a pulse rate indicator. The console has a blue display until you reach your optimum training pulse rate when the display turns to green and if you go too high it turns to red! Choose from 8 programmes with either hand grip pulse or the optional Polar chest belt receiver. A 20kg flywheel ensures a smooth elliptical motion. Another quality machine built in Germany.

- Front drive
- 8 Programmes in total
- HeartRate light pulse indicator console
- 20kg flywheel
- Hand grip pulse
- Polar compatible heart rate receiver
- Size: L 200cm x W 70cm x H 180cm
- Max user weight 23.5 stone (150kg)
- Warranty 3 years parts and labour

£999 Free Delivery

Nordic Track E10/E11 Cross Trainers

You wouldn't know it from looking at it but these cross trainers actually fold for storage. Even in use they are only 204cm, so if space is a problem this could be the answer. Both machines are identical mechanically. Both have an impressive ramp system that alters the elliptical path to target different muscle groups, hand grip pulse is standard as is the 20 levels of resistance. Its the console that differs. The E10 offers 20 programmes plus iFit Card compatibility but the E11 has 24 programmes plus iFit Live which allows you to go to Google maps, choose a set course or plan a route and then run through the actual streets of the place you chose. A lap top is required. Finally both offer a smooth and quite ride, so its horses for courses, you choose.

E10

- Folding
- 20 Programmes plus iFit Cards
- 20 Resistance Levels
- Incline Ramp 10-30%
- Hand Grip Pulse
- Heart Rate Wireless Receiver
- Size L x 204cm W x 64cm H x 165cm
- User Weight 23 Stone (147kg)

£699 Free Delivery

E11 (differences to E10)

- 24 Programmes plus iFit Live compatible

£799 Free Delivery

Proform 505 ZLE Cross Trainer

The Proform 505 ZLE elliptical is a machine with a difference. This model features a manual incline intensity ramp. This gives a choice of four incline levels at 5, 10, 15 and 20 degrees. The console offers 20 programmes including 6 weight loss workouts and even more available from the optional iFIT SD workout card technology. A compact front wheel drive machine that will fit easily into any home.

- 20 programmes
- Manual 4 level incline
- Hand grip pulse
- Telemetric heart rate monitoring (belt included)
- iFit SD card technology
- 7kg flywheel
- Max user weight 21.5 stone (136kg)
- Warranty: Lifetime frame, 12 months parts and labour extended to 2 years on return of warranty card within 28 days of purchase.

£599 Free Delivery

The New Sole Fitness Ellipticals

An Amazing Life Time Warranty on All Parts

Sole E25 Elliptical Crosstrainer with Power Incline

What the Sole E25 elliptical crosstrainer provides is a great work out, that feels natural due to its 20"(50.8cm) stride and oversized articulating foot pedals. It has a powered incline so that more muscle groups can be engaged. The console provides 16 resistance levels, 8 programmes and MP3 compatibility. Hand grip pulse is standard.

- Powered Incline
- 8 Programmes
- 16 Resistance Levels
- 20" (50.8cm) Stride Length
- Articulating Pedals
- 8.6kg Flywheel
- 34mm Steel frame
- Size L x 180cm W x 68.5cm
- Max User Weight 23.2 Stone (148kg)

£999 Free Delivery

Sole E35 Elliptical Crosstrainer with Power Incline

The Sole E35 elliptical crosstrainer with powered incline is another Sole machine that has received "Best Buy' awards. The E35 is step up from the E25 with a heavier 10.4kg flywheel, a heavier frame, 3 position adjustable foot pedals, resistance and incline adjustment buttons integrated into the moving handlebars and a larger 6.5" (16.5cm) blue backlit display with message window.

- Powered Incline
- 10 Programmes
- 16 Resistance Levels
- 20" (50.8cm) Stride Length
- 3 position Adjustable Pedals
- Articulating Pedals
- Incline and Resistance Buttons in Handlebars
- 10.4kg Flywheel
- 38mm Steel frame
- L x 211cm W x 68.5cm
- Max User Weight 25 Stone (151kg)

£1299 Free Delivery

Sole E55 Elliptical Crosstrainer with Power Incline

Sole E55 elliptical feels like a commercial model. It comes with a large LCD blue backlit display featuring 10 programmes. Its 11.5kg flywheel guarantees a smooth motion. Get a tough workout with 20 resistance levels. Comfort is important so the Sole E55 has a 10 position foot pedal adjuster. This will make sure that the machines feels right for you and for any other family member, no matter what their size.

- Powered Incline
- 10 Programmes
- 20" (50.8cm) Stride Length
- 10 position Adjustable Pedals
- Articulating Pedals
- Incline and Resistance Buttons in Handlebars
- 11.5kg Flywheel
- 38mm Steel frame
- L x 211cm W x 68.5cm
- Max User Weight 26.7 Stone (170.5kg)

£1499 Free Delivery

Exercise Bikes

Proform 300 ZLX upright bike

A great bike packed with features at a very reasonable price. The saddle is broader than average giving a very comfortable workout. Smooth pedalling action with computer controlled magnetic resistance. The console has 16 programmes plus an iFit SD card slot which enables you to purchase a whole new 8 week programme. Heart rate is monitored from hand grip pulse.

- 12 Resistance levels
- 7kg flywheel
- 16 programmes
- Audio speakers and music port
- Cool air fan
- Hand grip pulse
- Max user weight 19.5 stone (125kg)
- Warranty: 12 months parts and labour extended to 2 years on return of warranty card within 28 days of purchase.

£299 Free Delivery

Kettler Cycle P

A budget bike that exudes quality. The console provides feedback from your work plus 12 training programmes including heart rate control. Increase the intensity by using one of the 16 levels of resistance. Pulse is measured from hand grips in the handle bars or an optional telemetric chest belt. A low mounting frame makes for easy access. All in all a superb bike.

- Mains powered
- Vertical and horizontal adjustable comfort saddle
- 12 programmes including heart rate control
- 16 Resistance levels
- 9kg flywheel
- Pulse measurement
- Max user weight 20.5stone (130kg)
- Warranty 3 years parts and labour

£299 Free Delivery

Kettler Giro GT

Brand new to the fitness market. A quality German product that will not fail to impress. Self generated pedal power offers 32 levels of resistance. The console has a continuous 5 function display including time, distance per session, total distance, speed and RPM. The heavy 18kg flywheel ensures a smooth pedalling motion. The saddle and handle bar height is adjustable and the pedals feature toe clips. Pulse can be measured by hand grips or optional card pulse set.

- 12 Training programmes including heart rate control
- 18kg flywheel
- Target zone training (fit/fat/manual)
- Sweat resistant keypad
- Max user weight 130kg
- Warranty 3 years parts and labour

£499 Free Delivery

The New Sole Fitness Exercise Bikes

An Amazing Life Time Warranty on All Parts

Sole B94 Upright Bike

The Sole B94 bike is known for being light weight, durable, easy to use and space saving. An exercise bike should be comfortable and challenging and the Sole B94 achieves both. Has a comfortable cushioned gel saddle with both horizontal and vertical adjustments. The pedals have a 2 degree inversion to take stress of the ankle joints. The console provides 20 resistance levels and eleven programmes.

- Cushioned Gel Seat
- 11 Programmes
- Seat adjusts both vertically and horizontally
- Cushioned Pedals
- 2 degree inversion on pedals
- 11.8kg Flywheel
- Hand Grip Pulse
- Telemetric Heart Rate Monitoring
- L x 109cm W x 58.5cm H x 140cm
- Max User Weight 21.5 Stone (136kg)

£799 Free Delivery

Sole R92 Recumbent Bike

The Sole R92 is comfortable and relaxing. Users with foot or joint issues will love the Sole B92. Their patented 2 degree inward design on their foot pedals puts your body in the correct posture minimizing the aches and pains associated with other models. The backrest has a padded 12-position adjustment and lower back support. But don't be fooled, the R92 will deliver an array of challenging programmes and 20 resistance levels.

- Cushioned Seat with lower back support
- Seat adjustment 12 positions
- 10 Programmes
- 20 Resistance Levels
- 2 degree inversion on pedals
- Hand Grip Pulse
- Telemetric Heart Rate Monitoring
- L x 145cm W x 76.2cm H x 127cm
- Max User Weight 21.5 Stone (136kg)

£999 Free Delivery

The New Bruce Lee Range

Bruce Lee Home Gym

The Bruce Lee Home Gym is perfect where space is limited. It has adjustable chest and shoulder press station and an adjustable back pad, allowing you to tailor each exercise. There is specific stations designed to work your back, chest, shoulders, arms and legs. This gym provides high and low pulleys, a preacher curl pad and leg developer.

£475 Free Delivery

£65 Delivery £5

Bruce Lee Slant Board

The Bruce Lee Slant/Sit Up Board is ideal for isolating and developing the stomach and core muscles.

£75 Delivery £5

Bruce Lee Flat Bench

The Bruce Lee Flat Bench is perfect for both dumbbell and barbell exercises.

BRUCE LEE BY MARCY
Signature Range

Bruce Lee Powertower

The Bruce Lee Powertower is the perfect body weight exerciser. Work triceps, chest and shoulders, biceps and shoulders. The VKR station develops abdominals and a mulit position hand grip pull up station for shoulders, back and triceps.

£189 Free Delivery

£139 Free Delivery

Bruce Lee Utility Bench

This Utility Bench is exceptionally versatile and ideal for developing the upper body and more. Adjusts to flat, incline and decline.

£285 Free Delivery

Bruce Lee Mid Size Bench

A bench for free weight training. The back pad is positioned by sliding the bench along its support frame. There are height adjustable barbell rests and safety catches allowing for squatting exercises. Includes weight storage posts, leg curl/ext unit and arm preacher curl with integrated curl bar.

BRUCE LEE BY MARCY
Dragon Range

Bruce Lee Dragon Utility Bench

A high quality, versatile bench. The six position backrest adjusts from flat, incline, decline and upright. Includes a three position seat adjustment and transport wheels.

£189 Free Delivery

£569 Free Delivery

Bruce Lee Dragon Power Rack

Built to commercial health club standards. The rack allows you to safely perform all free weight exercises without the need of a partner. It features a pull up bar, adjustable dip station and squat rack. The bench features a multi position backrest and seat and provides a unique pivoting system that moves the bench backwards and forwards.

£475 Free Delivery

Bruce Lee Dragon Olympic Bench

This Olympic bench is the nearest thing to a club bench. Its patented linkage system allows the whole bench to pivot backwards and forwards. Perform barbell workouts inside the barbell rests then pivot the bench forward to clear the rests so that you can perform dumbbell exercises unhindered. The seat and backrest is multi adjustable. It has multi position barbell rests, safety catches and the leg unit is height adjustable.

£285 Free Delivery

Bruce Lee Dragon Powerstation

This heavy duty Power station helps you develop your upper body using your own body weight. Unlike other power stations on the market the Bruce Lee Power Station has height adjustable pull up bars, dipping bars, sit up bar and push up stands.

Multi Gyms

Weider 8700i Multi Gym

A stylish multi gym with a 57kg weight stack that offers a whopping 150kg of resistance on selected exercises! This gym has everything you need to weight train including chest press/fly, high and low pulley allowing you to perform bicep curl (curl pad inc) Also lat pulldown, tricep workout, seated row and leg curl/extension. comes complete with an exercise chart, Brilliant!

- 57kg weight stack
- 150kg max resistance on selected exercises
- Size: L 164cm x W 100cm x H 202cm

£399 Free Delivery

Kettler Fitmaster Multi Gym

A compact gym that will tone all muscle groups. The vertical bench press and pec deck exercises can be performed at the same station without any adjustments. The seat is height adjustable and the middle section of the back rest also adjusts so that you can perform seated rows. The enclosed 60kg weight stack increases in 5kg increments.

- 60kg weight stack
- Warranty 3 years parts and labour

£499 Free Delivery

Inspire M2 Home Gym

Quality oozes from the Inspire M2 home gym. It has a unique adjustable press arm that can be used as a standard bench press but flip of the strap handles and you suddenly have a press arm that allows for converging bench pressing and also doubles up as a pec deck. Adjusting the press arm lets you perform seated row. The seat is height adjustable and features an abdominal crunch. Leg press optional.

- 90kg (198lb) Weight Stack
- Size L x 183cm W x 122cm H x 183cm

£1995 Free Delivery

Inspire M4 Home Gym

Wow what a fantastic gym. Every movement on this gym is iso-lateral which means each arm, cable and strap works independent of each other considerably improving muscle development. Press a lever, turn a knob and this gym changes its appearance like something out of a Transformers movie allowing you to do prone bench press/ leg curl, seated, incline and decline bench press, shoulder press and lat pulldown. On the side is a functional training cable system. Now comes the clever bit. Pivot the bench out of the way, pull the lat bars apart and you have a cable crossover station, the only home gym on the market that offers this facility. Leg press optional.

- 98kg (215lb) Weight Stack
- Standard Size - L x 240cm W x 101cm H x 206cm (allow extra width for moving the bench aside and for pulley use)

£3495 Free Delivery

Boxing

BBE 4ft Punchbag

High quality tethered punchbags with a tethered loop facility for reducing swing when being struck.

£44.99 Delivery £5

BBE Height Adjustable Punchbag Stand

Free standing mobile boxing stand, incorporates an easy collapse and space saving fold away feature

£169 Delivery £5

shown with optional punch bag, tethered strap and weights

BBE Punchbag Mitts

One size fits, generously padded pre-shaped foam insert for comfort and ergonomic support.

£9.99 Delivery £3.60

BBE Focus Pads

Curved coaching pads, light weight design, incorporating an anti-slip palm grip technology.

£18.99 Delivery £3.60

Life Fitness showroom models

Delivered and Installed FREE to England and Wales

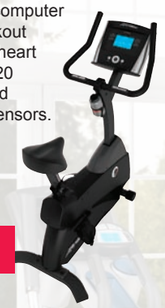
FANTASTIC SAVINGS ON LIFE FITNESS SHOWROOM MODELS

Periodically we move products out of our showroom to make way for new products

Life Fitness C1 Basic Bike

A solid and remarkably quiet exercise bike. The computer offers 5 classic workout programmes and a heart rate read out. With 20 resistance levels and contact heart rate sensors. What more do you need to maintain an effective exercise programme!

£649 Save £148



Life Fitness R1 Advanced Recumbent Bike

The R1 recumbent cycle provides incredible comfort during a workout. Smooth, quiet and durable offering 10 workout programmes including heart rate controlled.

£899 Save £196

Life Fitness T7 Treadmill

Striking design combined with unmatched customisation and personalised options. The adjustable flex deck allows you to choose how the treadmill feels underfoot. Features a deluxe console with touch-sensitive controls and interactive lighting. The perfect treadmill

£3195 Save £400

Life Fitness X1 Basic

Perfect for the person who wants to get on and go! It has everything you would expect from a Life Fitness elliptical, unparalleled quality, fluid total body motion and patented elliptical drive system that delivers an incredible natural, comfortable stride.

£1395 Save £300

Life Fitness X8 Basic Cross Trainer

A superb cross trainer. Choose the stride length that is comfortable with just the push of a button. Target different leg muscles during your workout. Try the leg sculpture mode, this changes the stride length from walk, jog, run and sprint and back again. The lower console displays the muscles being worked.

£2645 Save £350

Life Fitness G2 Multi Gym

Features fixed or converging press arm movement, increasing muscular involvement for a more effective workout. A classy gym that offers all the exercises you could need. Comes with a 73kg cast weight stack.

£850 Save £145

Life Fitness G5 Multi Gym

The G5 is one of the most diverse gyms ever built, offering unlimited ways to train. Cable motion enables you to perform functional strength training. It will provide an exceptional variety of exercise movements. Colour coded adjustment handles, sound dampening bushing between the 73kg weight stack plates complete this exceptionally well made gym.

£1850 Save £245

Life Fitness G7 (with bench)

Perform functional training that improves core and everyday movements. Virtually unlimited exercises can be performed either with the bench, standing or a balance ball. Fits nicely into a corner. An integrated exercise book and DVD displays over 80 different exercises.

£1995 Save £405

FITWALKER®

THE **GROUP EXERCISE** TREADMILL

Looking For A Business Opportunity

The Nessfit Fitwalker is a brand new concept new to the UK. It is a mechanical treadmill designed for group exercise classes similar to the very popular spin bike classes.

It can be used as an independent revenue stream or used along side existing group classes in health clubs and gyms.

It begins with an expert coach, Fitwalkers and people of all ages and fitness levels wondering what is coming next. The music starts and the group warms up with a gentle stroll and then the beat increases. Before long they are stepping to the side, crossing over feet, lifting their knees, repositioning their hands, carrying out just a few of the dozens of moves developed to increase balance, co-ordination and stamina. But what is really important they are having fun and all done to a motivating soundtrack.

Fitwalking started in Italy. It was designed with the sole intention of developing a class that no one was excluded, a class that the whole family can participate in together. It has proved a huge success in Europe with major health club chains and gyms in France, Spain, Italy and Norway running successful operations as well as far flung clubs in Romania and Nigeria.

Exclusive to Fitness Options

Purchase as few or as many as you like and we will always look at each order individually to provide you with the best price possible.

Example price: 7 Classic fitwalkers £8,500 Plus VAT (saving over £500 per unit)

BENEFITS TO YOUR BUSINESS

- A brand new and exciting concept to the UK already well established and proven in Europe.
- Anyone can participate in a Fitwalker Class
- The only group exercise class the whole family can do together.
- It will entice more of your existing members.
- It will generate new members.

WHY THE FITWALKER

- There are two models available, the Fitwalker Classic with manual elevation and the Fitwalker Advanced the only group treadmill with auto elevation.
- It uses two large flywheels, which results in an exceptionally smooth and continuous motion.
- The heavy double flywheels provide remarkable stability and eliminate tipping when doing advanced moves such as stepping on and off the Fitwalker.
- Heavy-duty unobtrusive frame allows advanced moves to be performed safely.
- The Fitwalker Advanced is the only group class treadmill with auto elevation.
- The Fitwalker folds for storage and takes up less space than a spin bike.
- No power source is required and is virtually maintenance free.
- The Fitwalker Advanced was a finalist in the innovative fitness equipment category at the 2011 FIBO trade show in Germany.

Fitness Options

THE FITNESS STORE

Shop Online www.fitnessoptions.co.uk

Telephone 0115 9463085

All prices in this catalogue are correct at time of going to press